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## NOTES FROM THE MEDICAL PRESS

IN CHARGE OF

ELISABETH ROBINSON SCOVIL

**THE EIGHT-HOUR DAY.**—An effort is being made to introduce the eight-hour a day service in the hospitals in Paris. It is proposed that the day staff continue to devote a morning and afternoon period to the work. The number of nurses in each is not mentioned, but the morning duty begins at 5 a. m. and the afternoon at 3 p. m. The night staff is to be on duty from 11 p. m. to 7 a. m. There is a provisional staff to be substituted during meal times and in the interval between the coming and going of the night and day staffs. About 12,500 persons will be affected by the change.

**REST IN TUBERCULOSIS.**—In a paper in the *American Review of Tuberculosis*, by Dr. Kinghorn of Saranac Lake, it is stated that patients suffering from active pulmonary tuberculosis, should have either the reclining rest treatment, or absolute rest in bed. In no other disease does a physician advise a patient with fever to exercise; he tries to conserve the strength by putting the patient to bed. Typhoid patients who walk about after fever has developed, seldom do well. The great medical rule of husbanding the strength when there is fever, applies also to tuberculosis.

**NEW YORK AS A MEDICAL CAPITAL.**—*The Journal of the American Medical Association* says that an organization has been formed to be known as The New York Association for the Advancement of Medical Education and Medical Science. It aims to make New York a great medical center, to fill the place once occupied by Vienna and Berlin. One of the objects is to make use of the vast clinical material of the city for teaching purposes, and to make use of teaching talent now unemployed. A nation-wide campaign to raise \$50,000,000 with which to finance the project, will be started immediately.

**LOW TYPHOID RATE.**—The medical health officer for Toronto reports that there were only three deaths from typhoid in that city during the first six months of the present year; and in each case the disease was contracted outside the city.

**CLOTTING OF MILK IN THE STOMACH.**—*The Journal of the American Medical Association* describes the result of an investigation recently conducted at the Jefferson Medical College. A subject was found who could regurgitate the stomach contents at will. It was discovered by observation that milk drunk rapidly left the stomach sooner and produced a smaller curd mass, than milk drunk slowly or sipped. Raw whole cow's milk formed a large, hard curd;

boiled milk curded in a much finer and softer form. The presence of much cream in the milk ensured the formation of particularly soft curds which were slow to leave the stomach. Skim milk yielded a very hard curd, owing to the absence of fat. Pasteurized milk yielded smaller curds than the raw whole milk; cold milk coagulated more slowly than warm milk.

**SURGERY TO CORRECT WRINKLES.**—A French medical journal has illustrations showing how it is possible to smooth out wrinkles by cutting out an ellipse of skin close to the hair. As the sides of the ellipse are sutured together, the slack in the skin caused by the wrinkles is taken up and the skin lies smooth. Wrinkles at the corner of the eye can be corrected, and a double chin removed. The sutures are subject to strain from laughing, yawning or chewing, so they are protected by a transparent shield fastened in place with collodion. War has developed surgery of the face so that esthetic surgery is also brought to the fore.

**THE PHYSIOLOGIC COST OF CHEWING.**—*The Journal of the American Medical Association* maintains that, in spite of the claims of the followers of Fletcher that prolonged chewing and the consequent more effective insalivation promote the digestion and utilization of the nutrients, there is abundant evidence that the nutrients in common food products are absorbed in large measure under ordinary habits of eating. It is exceptional to find less than 90 per cent of the digestible nutrients utilized, and the records for the fats and carbohydrates approach almost perfection. It has been found that as a result of chewing gum, the basal metabolism may be increased more than 17 per cent. If prolonged mastication can necessitate an excess heat production equal to nearly one-fifth of the basal metabolism, any advantage gained from a possible increase in the digestibility of the food is offset by the increase in heat production.

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**A Correction:** The editor of the Department of Nursing Education wishes to state to those who think of undertaking the work of Visiting Teacher that the article on this subject in the May JOURNAL gave too high an estimate for the salary earned. The general opinion of those who are in this work is that the salary ranges from \$1,200 to \$1,800 a year; at the most, it would be about \$2,000.